

SENIOR LUNCH MENU

A confidential, voluntary donation of \$2 per meal is suggested.
Guests under 60 are welcome to join us for lunch at a cost of \$3.50.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

TAKE YOUR PICK:
Each day, you may
choose a hot lunch
or a cold lunch.

****Indicates a high-sodium meal.**
V Indicates a vegetarian item.

Menu is subject to change without notice. Menus also available on www.mvcs.org.
NOTE: We prefer that you make a reservation for lunch by talking to the meal site coordinator at least one day in advance, or you may call 781-324-7705 ext. 300.

<p>4 HOT: Chicken marsala served with rice pilaf and zucchini and red peppers. COLD: Tuna salad sandwich served with German potato salad and beet salad. Chocolate pudding with whipped topping for dessert.</p>	<p>5 HOT: Macaroni & cheese ** served with a tomato half. COLD: Roast beef and American cheese sandwich served with potato salad and tomato red pepper salad. Fresh fruit for dessert.</p>	<p>6 Broccoli cheese soup. HOT: Florentine fish served with mashed potatoes and dill carrots. COLD: Chicken salad sandwich served with orzo vegetable salad and carrot pineapple salad. Mandarin oranges for dessert.</p>	<p>7 Vegetable soup. HOT: Swedish meatballs served with egg noodles and peas. COLD: Mediterranean tortellini salad served with English pea salad. Mixed fruit for dessert.</p>	<p>8 Italian ditatini soup. HOT: Broccoli mushroom quiche (V) served with Lyonnaise potatoes, tossed garden salad, and Lite Italian dressing. COLD: Turkey deluxe sandwich ** served with summer squash salad and balsamic vinaigrette pasta salad. Chocolate chip cookie for dessert.</p>
<p>11 Mushroom barley soup. HOT: Turkey tetrazzini served with Tuscan blend vegetables. COLD: Egg salad sandwich served with broccoli slaw and Greek pasta salad. Vanilla pudding with whipped topping for dessert.</p>	<p>12 Escarole and bean soup. HOT: Sweet potato fish fillet served with chuckwagon corn, green beans and wax beans. COLD: Chicken pesto caesar salad served with dressing and tri-color pasta salad. Pineapple for dessert.</p>	<p>13 SUMMER SPECIAL Chicken breast with vegetable sauce served with a baked potato, sour cream and a tossed garden salad. Strawberry shortcake with whipped topping for dessert.</p>	<p>14 Mimestone soup. HOT: Meatloaf served with gravy, creamy potatoes, and zucchini with yellow squash. COLD: Turkey and Swiss cheese served with corn salad and summer squash salad. Fresh fruit for dessert.</p>	<p>15 HOT: Tortellini with marinara sauce served with peas and carrots. COLD: Seafood salad sandwich served with tossed garden salad with lite Italian dressing and summer potato salad. Tropical mixed fruit for dessert.</p>
<p>18 HOT: Hot dog ** served with baked beans and cole slaw. COLD: California chicken salad sandwich served with cauliflower carrot salad and garden shell pasta salad. Mixed fruit for dessert.</p>	<p>19 Vegetable soup. HOT: Chicken paprika served with red roasted potatoes and broccoli. COLD: Turkey chef salad sandwich served with lite Italian dressing and potato salad. Hoodie cup for dessert.</p>	<p>20 Escarole and bean soup. HOT: American chop suey served with Italian blend vegetables. COLD: Egg salad sandwich served with English pea salad and roman blend salad. Fresh fruit for dessert.</p>	<p>21 Ciam chowder. HOT: Salmon fillet with lemon dill sauce served with green beans and whipped sweet potatoes. COLD: BBQ chicken with mozzarella cheese, red onion sandwich served with macaroni salad and summer squash. Birthday cake for dessert.</p>	<p>22 HOT: Lentil stew served with spinach and mushrooms and a tossed garden salad. COLD: Roast beef and cheddar cheese sandwich served with 10 mein pasta salad and cole slaw. Pears for dessert.</p>
<p>25 Mushroom barley soup. HOT: Veggie burger with American cheese (V) served with roasted red potatoes and eggplant with tomatoes. COLD: Ham and cheddar cheese sandwich ** served with carrot raisin salad and garden shell pasta salad. Mandarin oranges for dessert.</p>	<p>26 HOT: Ginger chicken served with oriental blend vegetables and herbed brown rice. COLD: Tuna salad sandwich served with macaroni salad and a tossed garden salad with lite Italian dressing. Fresh fruit for dessert.</p>	<p>27 Lentil spinach soup. HOT: Beef burgundy served with mashed potatoes and peas. COLD: Breaded chicken patty served with pasta salad and cheese and cucumber dill salad. Pears for dessert.</p>	<p>28 HOT: Whole grain cheese lasagna served with a meatball, mixed vegetables and a tossed garden salad. COLD: Turkey with provolone cheese sandwich served with summer potato salad, and tomato and zucchini salad. Brownie for dessert.</p>	<p>29 Seafood chowder. HOT: Potato crunch fish served with sweet potato wedges and cole slaw. COLD: Egg salad sandwich (V) served with balsamic vinaigrette pasta salad and cole slaw. Ambrosia for dessert.</p>

AUGUST 2014